

Recreational and Lead Up Games

Recreational Game

“Recreation is an activity of leisure.” Recreation is an activity of body and mind which gives relief from tension and fatigue. Recreational activities are often done for enjoyment, amusement or pleasure and are considered to be fun and also for health benefits. Recreational game involves participants in which the main function is providing fun and entertainment to participant. Recreation is a source of joy and provides relaxation for one’s body and mind. Recreational games play a very important role for school going children. Recreational activities provides psychomotor development of children. The advantage is that learning occurs while children are playing and enjoying. In the Field of Physical Education and Sports often the recreational game is associated with the minor game and major game. In the field of sports recreational game is a way of development physical efficiency and skill through fun and enjoyment. Recreational activities can be classified as indoor activities and out door activities. The foremost aim of recreational game is “play for fun and enjoyment.”

Common Goals and Objectives of Recreational Game

1. Improve self esteem.
2. Be More Confident.
3. Experience new things together.
4. Increase respect for others.
5. Practice helps with sports activities.
6. Develop motor skills and social skills.
7. Learn To expression.
8. Feel Comfortable.
9. Experience new activities.
10. Develop Friendship.
11. Always encourage Physical Activity through Play.
12. Feel happy and enjoy a lot.